

**2022-2023 Healthy Schools Annual Report Addendum:
Student Health Indicators in Bend-La Pine Schools**

This report serves as a synopsis of several indicators of Bend-La Pine Schools (BLS) student health. This report is provided by Healthy Schools, a 50/50 partnership between Deschutes County Health Services and BLS. These data are the rationale for why *Healthy Schools* was formed to embed Deschutes County Public Health Specialists into schools. This report is used to provide direction for the *Healthy Schools* program and other services in BLS to improve student health. These data give insight into the challenges students, families, schools, and the community are experiencing. *Healthy Schools* is committed to monitor and report these data every odd year (2023, 2025...) as part of our partnership.

September, 2023

Table of Contents

| | |
|--|----|
| Suicide and Mental Health..... | 3 |
| Alcohol, Tobacco, and Drug Use..... | 7 |
| Sexual Health and Sexual Violence..... | 10 |
| School Climate..... | 13 |
| Student Health Knowledge, Attitudes, Skills..... | 16 |
| Tables 1-5. High School Students' Health Indicators..... | 19 |
| Data Sources List..... | 22 |

Suicide and Mental Health¹

In 2023, the Healthy Schools program is coordinating with school staff and students in the Bend-La Pine School District (BLS) to train peer-leaders and to identify trusted adult staff to prevent and reduce youth suicide. The training program, Sources of Strength, is supported by research² and shown to reduce suicide risk among students in schools. The baseline measures of suicide and mental health presented in this section of the current report will be tracked in the months and years after implementing Sources of Strength in BLS to document any changes in suicide risk in BLS. In the coming months and years, the program expects to reduce suicide deaths, suicide-related emergency department visits, and self-reported suicide risk among students attending schools in BLS.

The Healthy Schools program supports multiple strategies in BLS to improve students' mental health and reduce suicide risk including, school health teams, school health improvement plans, parent engagement, Michigan Model for Health, Teen Safety Matters, and Wayfinder.

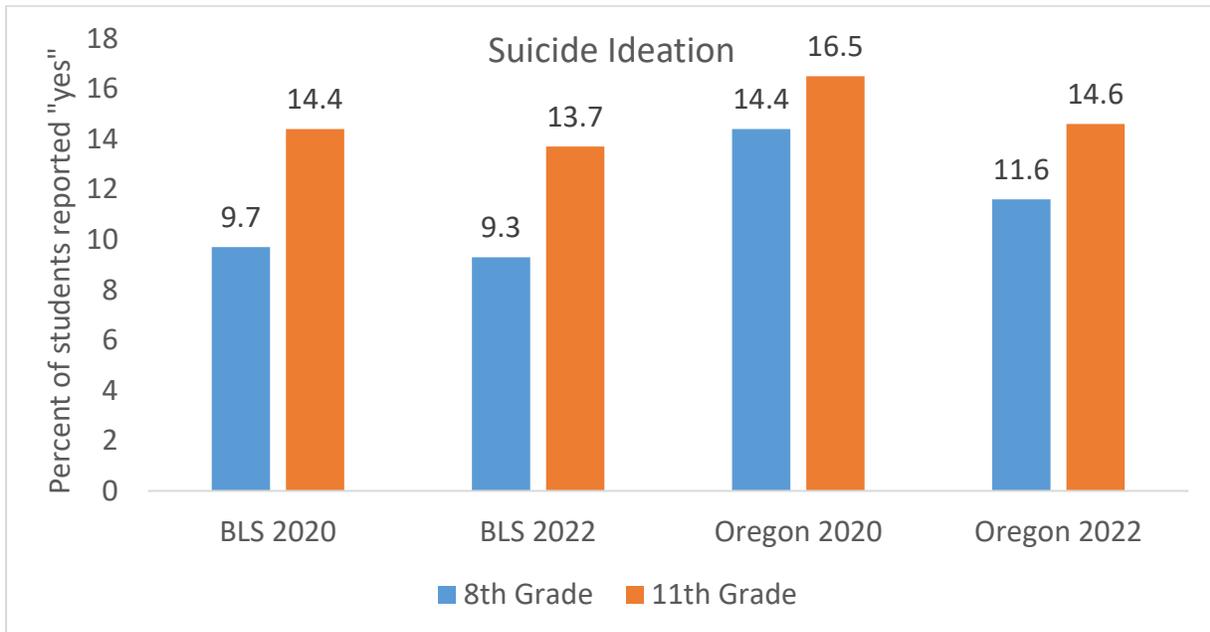


Figure 1. Percent of students in the Bend-La Pine School District (BLS) who reported serious thoughts of a suicide attempt in the past year, compared to students in the State of Oregon. BLS 8th and 11th graders reported slightly less suicide ideation in 2022 than in 2020. This change may have resulted from changes in the survey answer options in 2022. Similarly, Oregon 8th and 11th graders also reported less suicide ideation in 2022 than in 2020. While the declines from 2020 to 2022 were larger statewide, the overall prevalence of suicide ideation was lower in BLS students both years, regardless of the changes in survey answer options in 2022.

¹ Data sources: Oregon Student Health Survey; Emergency Department visits reported in Oregon ESSENCE

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2920978/pdf/1653.pdf>

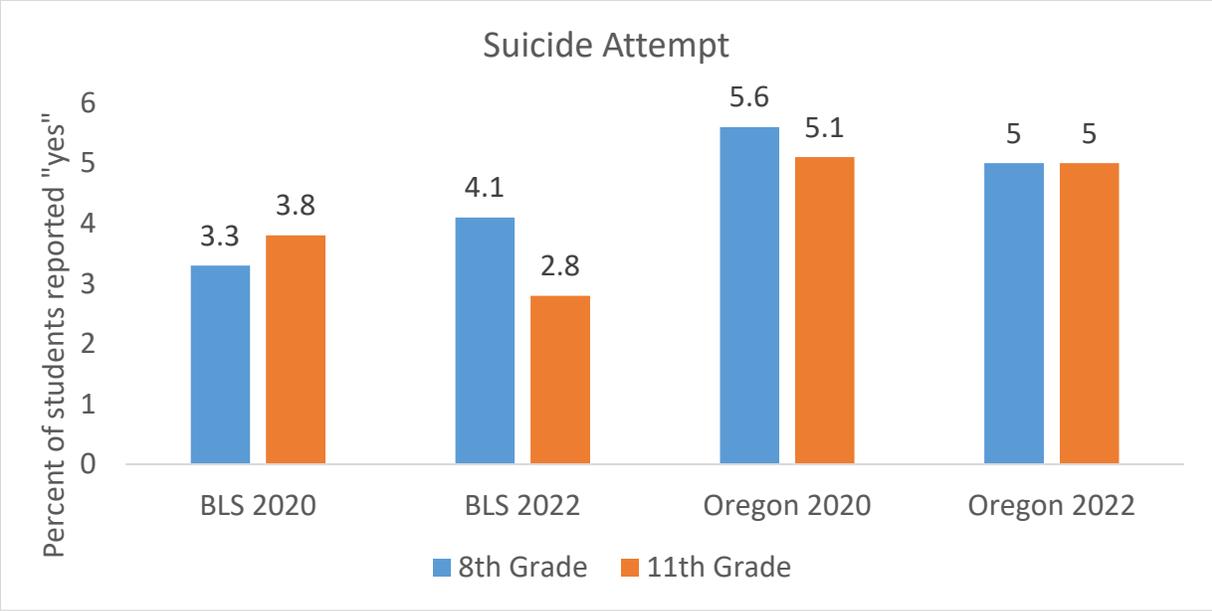


Figure 2. Percent of students in the Bend-La Pine School District (BLS) who reported a suicide attempt in the past year, compared to students in the State of Oregon. BLS 8th and 11th graders overall, reported fewer suicide attempts than the Oregon statewide students' averages in 2020 and 2022.

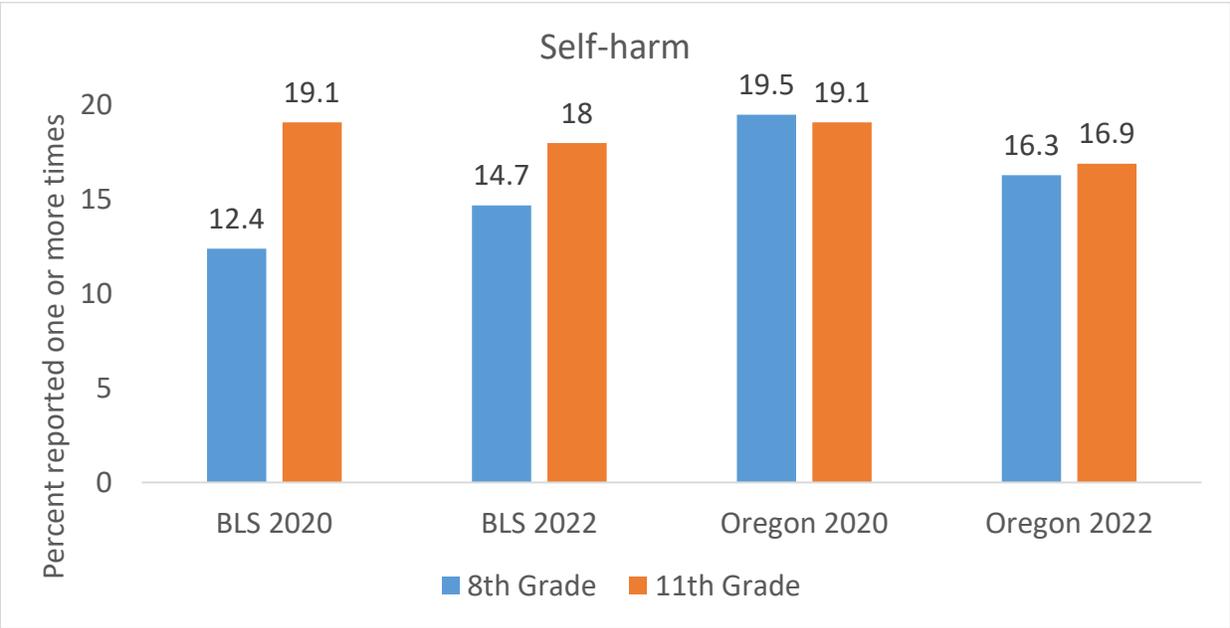


Figure 3. Percent of students in the past year who reported they did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves. BLS 8th graders reported fewer self-harm incidents than the Oregon statewide averages in 2020 and 2022, while BLS 11th graders reported similar percentages to 11th graders statewide.

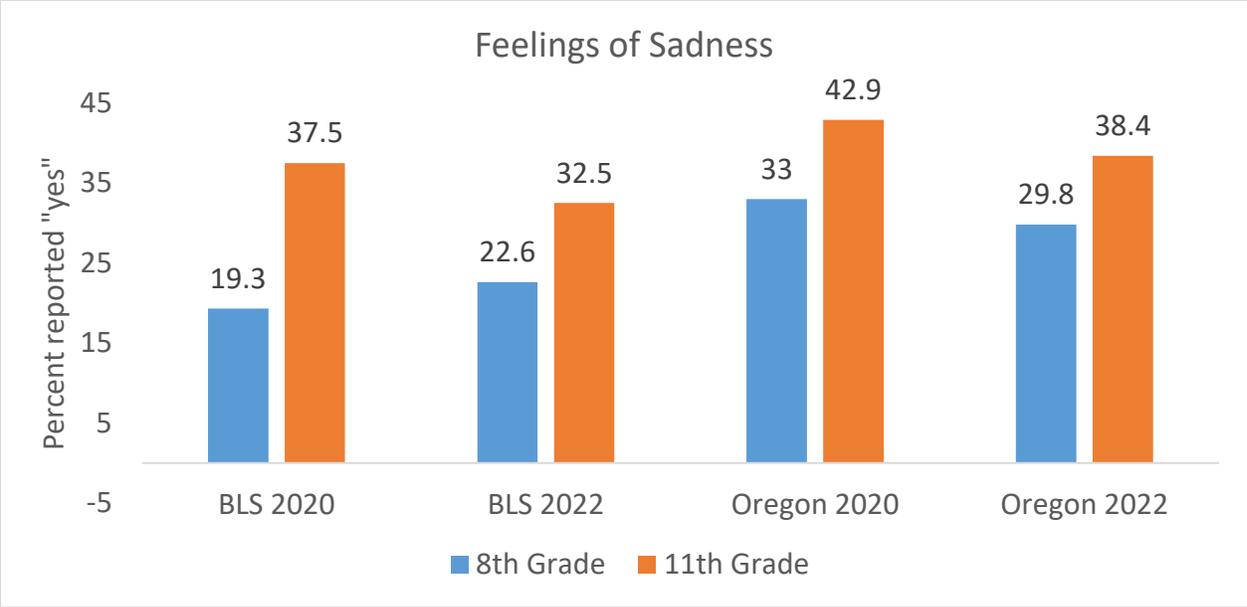


Figure 4. Percent of students in the past year who felt sad or hopeless for two-or-more-weeks in-a-row and stopped doing some usual activities. Fewer BLS 8th and 11th grade students in 2020 and 2022 reported feelings of persistent sadness compared to same-age students statewide in Oregon.

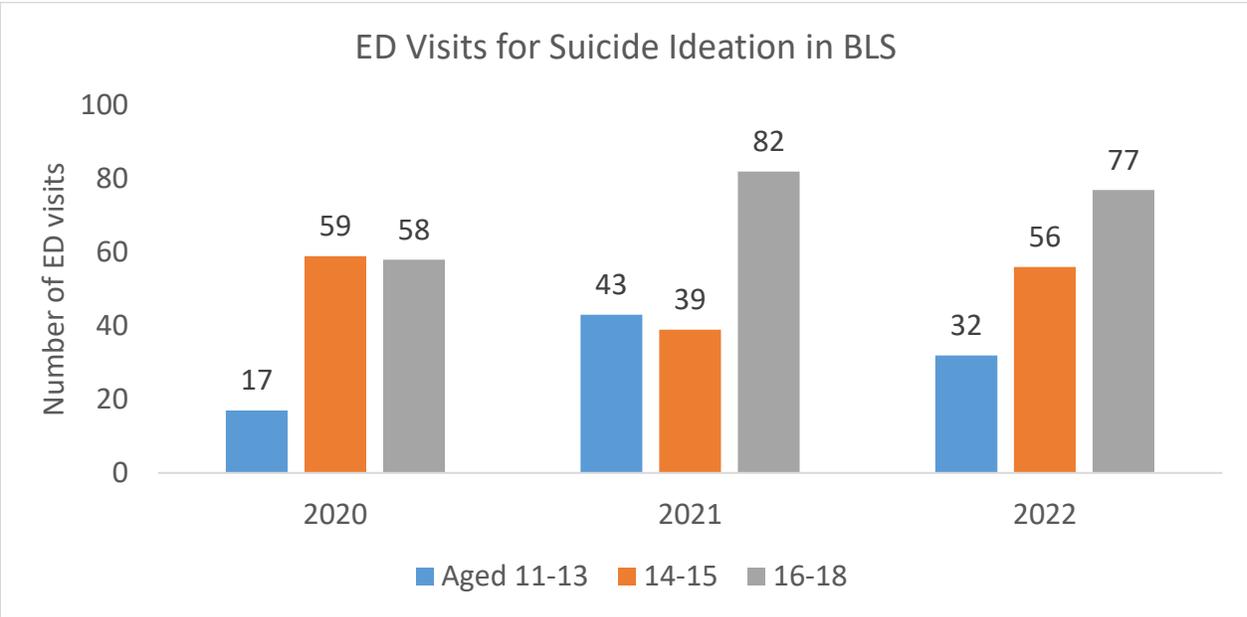


Figure 5. Numbers of Emergency Department (ED) visits that included suicide ideation among youth who reported resident zip codes in the Bend-La Pine School District (BLS). In 2021 and 2022 there were 164 and 165 ED visits for suicide ideation respectively, among youth aged 11-18 years.

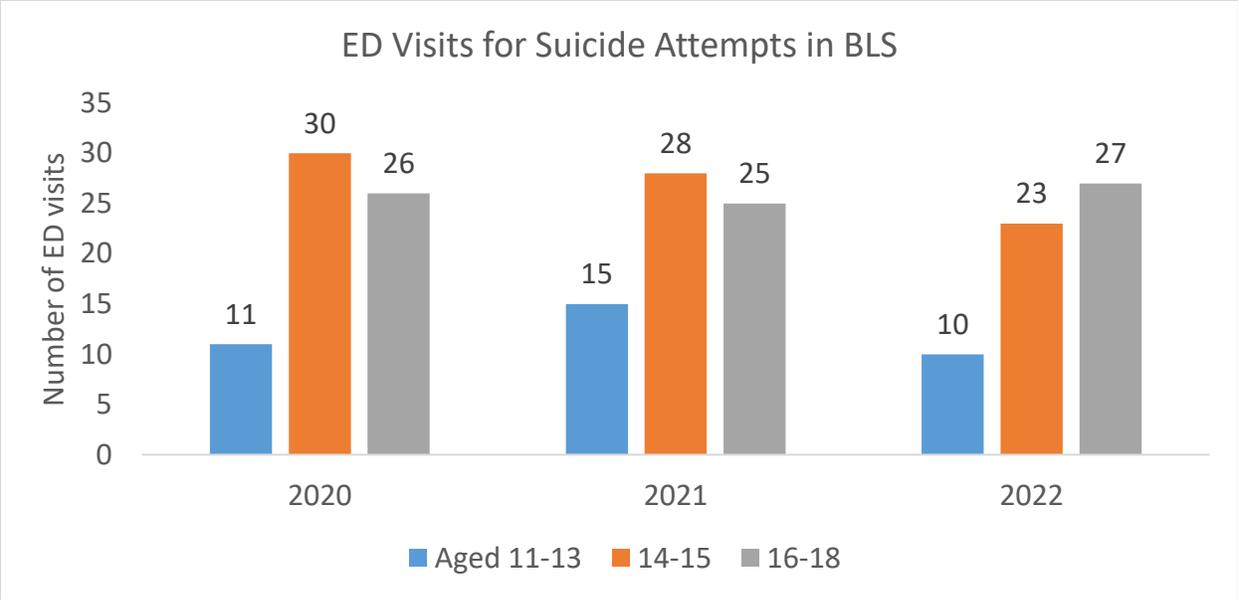


Figure 6. Numbers of Emergency Department (ED) visits that included suicide attempts among youth who reported resident zip codes in the Bend-La Pine School District (BLS). In the three-year period from 2020 to 2022 there were 195 ED visits for suicide attempts among youth aged 11-18 years.

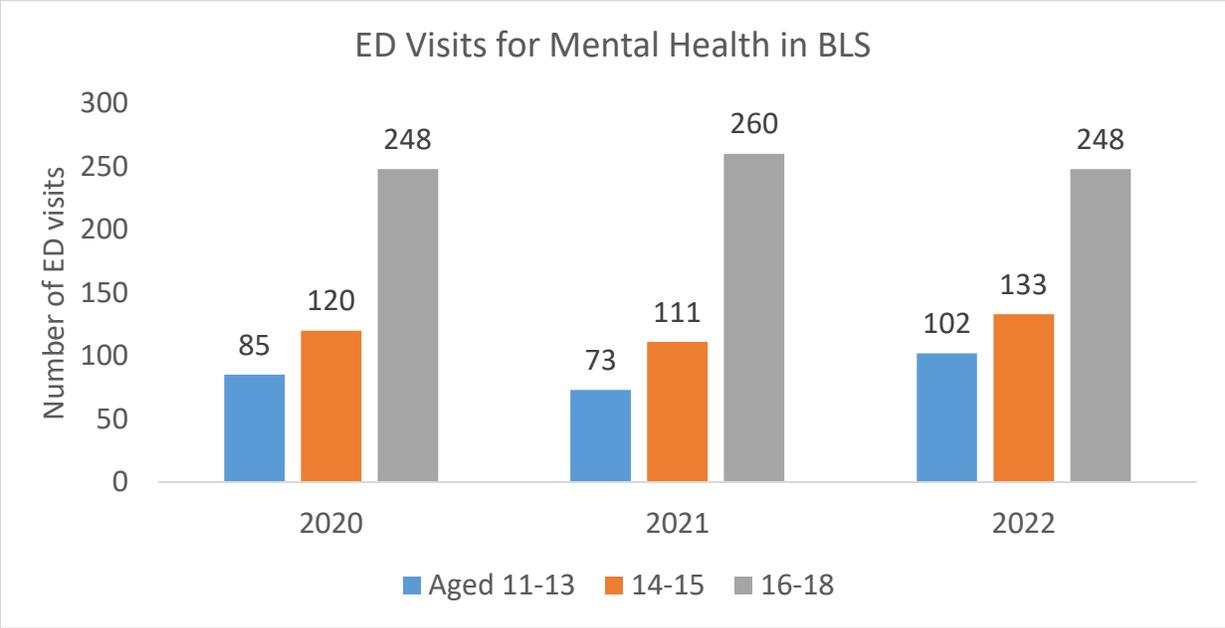


Figure 7. Numbers of Emergency Department (ED) visits that included mental health problems among youth who reported resident zip codes in the Bend-La Pine School District (BLS). In the three-year period from 2020 to 2022 there were 1,380 ED visits that included mental health problems among youth aged 11-18 years.

Alcohol, Tobacco, and Drug Use³

The Healthy Schools program supports multiple strategies to prevent alcohol, tobacco and drug use among students in the Bend-La Pine School District (BLS). These strategies include improving the in-class health education that students receive; improving the school climate and culture; increasing family engagement; and making linkages to clinical health care and services. Some of the specific strategies include helping schools to adopt targeted programs including, Catch My Breath, Project Alert, Sources of Strength, Michigan Model, Upshift, Connect Workshop; and connections to local service providers Care Solace, Mosaic Medical, The Drop, Rimrock Trails, and LaPine Health Center. The baseline health indicator measures of alcohol, tobacco, and substance use presented in this section of the current report will be tracked in the coming months and years to document any changes among students in BLS.

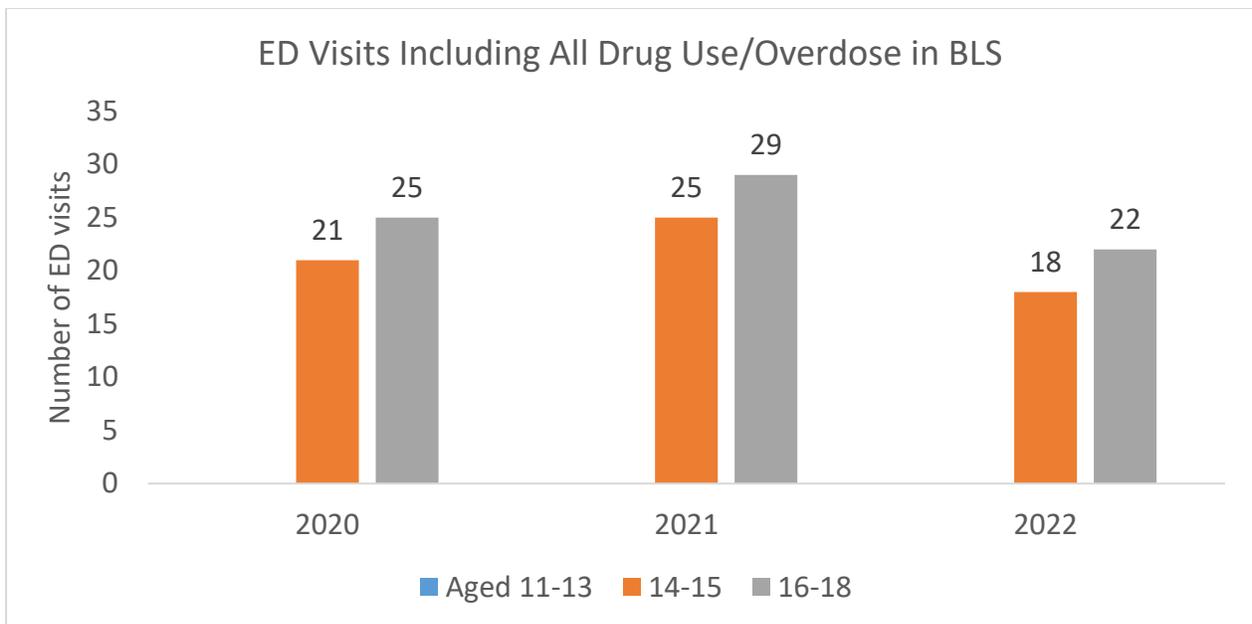


Figure 8. Numbers of Emergency Department (ED) visits that included all drugs and drug overdoses among youth who reported resident zip codes in the Bend-La Pine School District (BLS). There were less than 10 ED visits each year for youth aged 11-13 years (not shown). In the three-year period from 2020 to 2022 there were 140 ED visits that included drug use among youth aged 14-18 years.

³ Data sources: Emergency Department visits reported to Oregon ESSENCE; Oregon student health survey

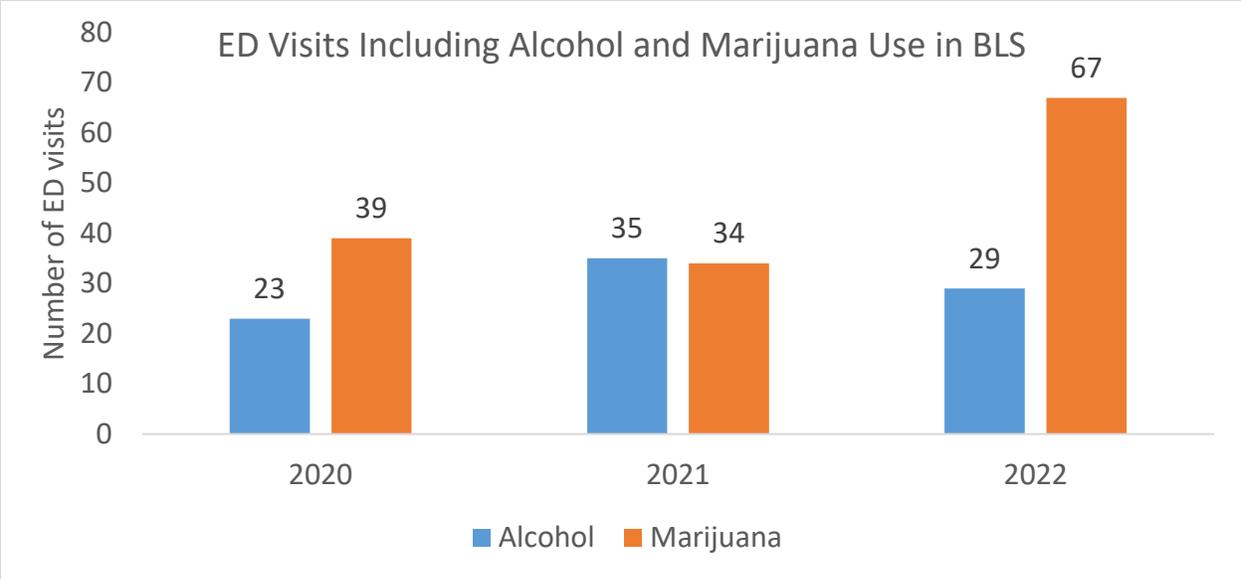


Figure 9. Numbers of Emergency Department (ED) visits that included alcohol and marijuana use among youth aged 14-18 years who reported resident zip codes in the Bend-La Pine School District (BLS). In the three-year period from 2020 to 2022 there were 227 of these ED visits.

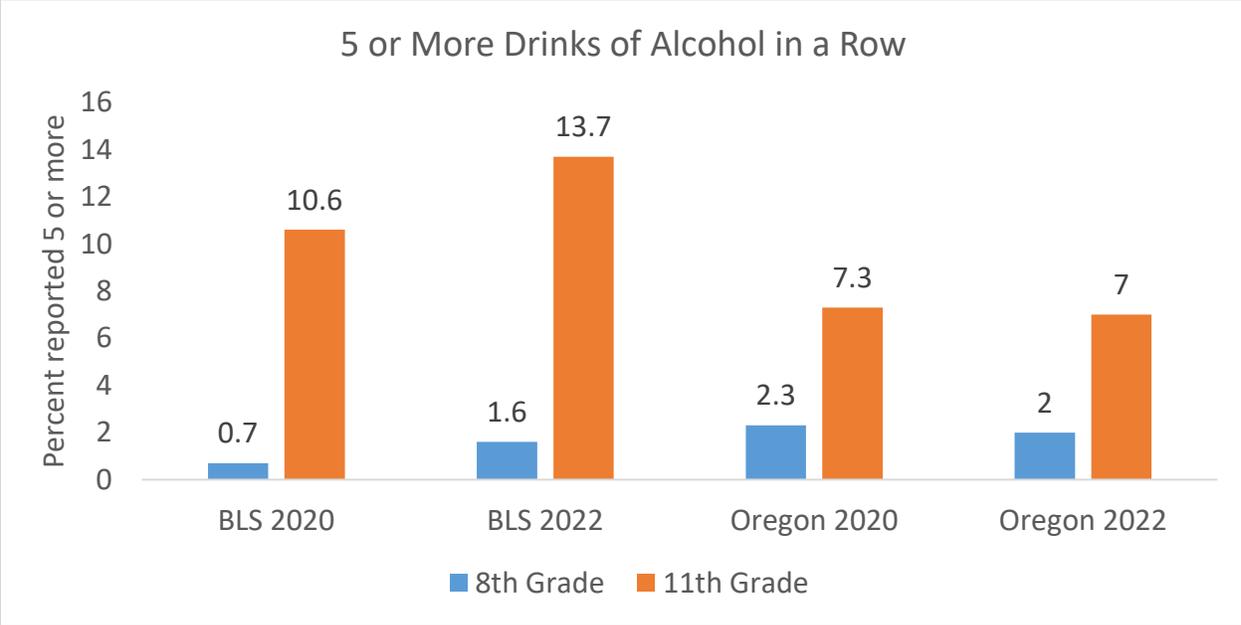


Figure 10. Percent of students in the past 30-days who reported they had five-or-more-drinks of alcohol in a row, or within a couple hours. More eleventh-grade students in the Bend-La Pine School District (BLS) reported binge drinking compared to 11th graders statewide in 2020 and 2022. The proportional difference in 2022 was notable since it was twice as high in the BLS than statewide.

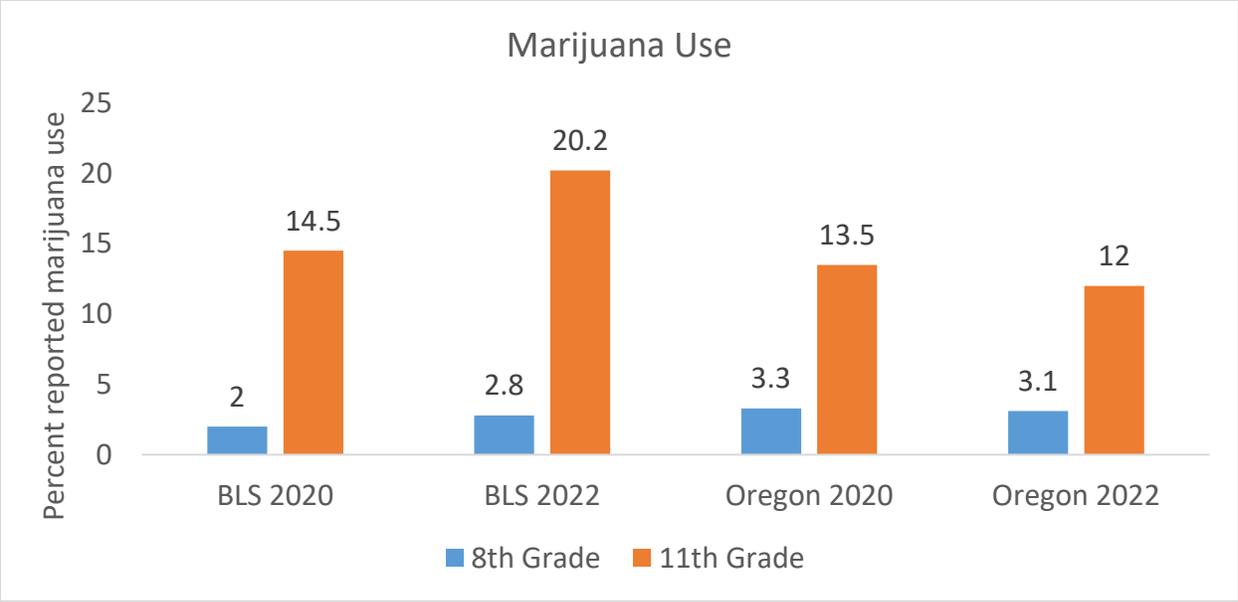


Figure 11. Percent of students who reported marijuana use in the past 30-days. A larger proportion of eleventh-grade students in the BLS reported marijuana use than 11th graders statewide in 2020 and 2022. The difference was larger in 2022 when BLS increased and statewide decreased.

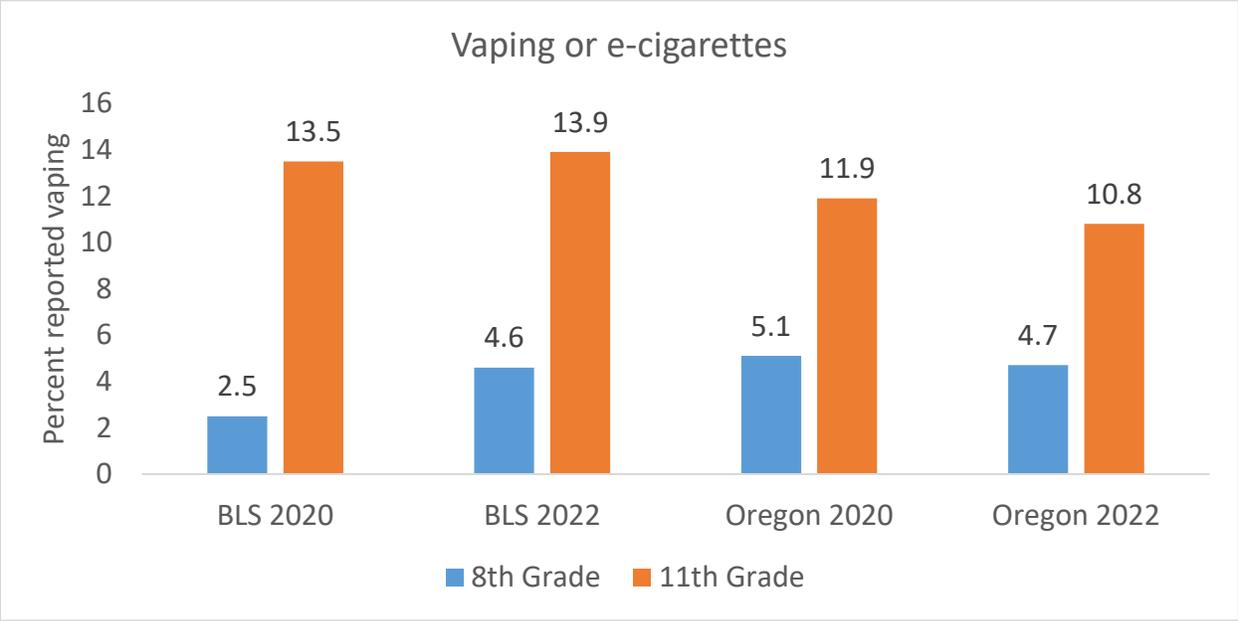


Figure 12. Percent of students who reported vaping tobacco or using e-cigarettes in the past 30-days. A larger proportion of eleventh-grade students in the Bend-La Pine School District (BLS) reported vaping than 11th graders statewide in 2020 and 2022.

Sexual Health and Sexual Violence⁴

My Future-My Choice is a comprehensive, medically accurate, inclusive and trauma informed sexuality education curriculum.⁵ It aims to provide middle school students with information about healthy relationships, respecting personal boundaries, and treating others with respect. High school students are trained to deliver part of the curriculum of My Future-My Choice, and act as role models to middle school students. Additional targeted programs include: Flash, Teen Safety Matters, Wayfinder, and Michigan Model for Health. The student health indicators included in this section of the current report will continue to be monitored in the coming months and years to document any changes that may be associated with My Future-My Choice and other targeted programs.

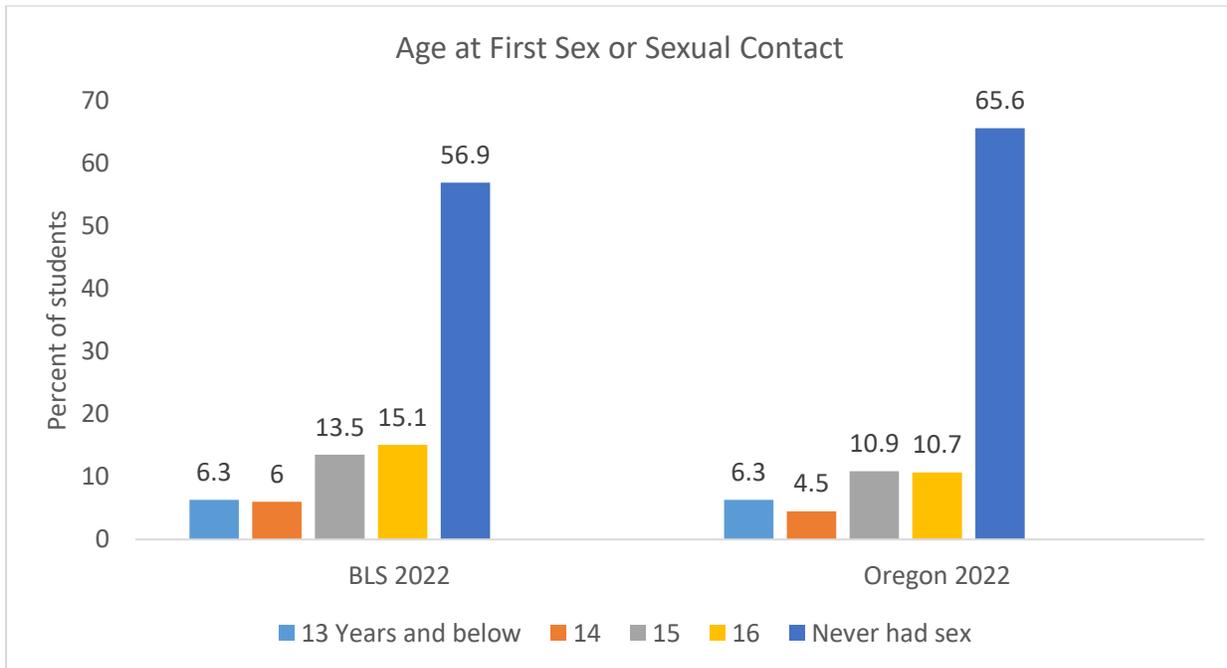


Figure 13. Percent of 11th grade students who reported their age at their first sex or sexual contact. A higher proportion of BLS 11th graders reported experience with sexual contact than 11th graders statewide.

⁴ Data Sources: Oregon Health Authority reportable sexually transmitted infections and abortions; Vital Records Birth Certificates; Oregon Student Health Survey

⁵ <https://www.oregon.gov/dhs/children/mfmc/pages/index.aspx>

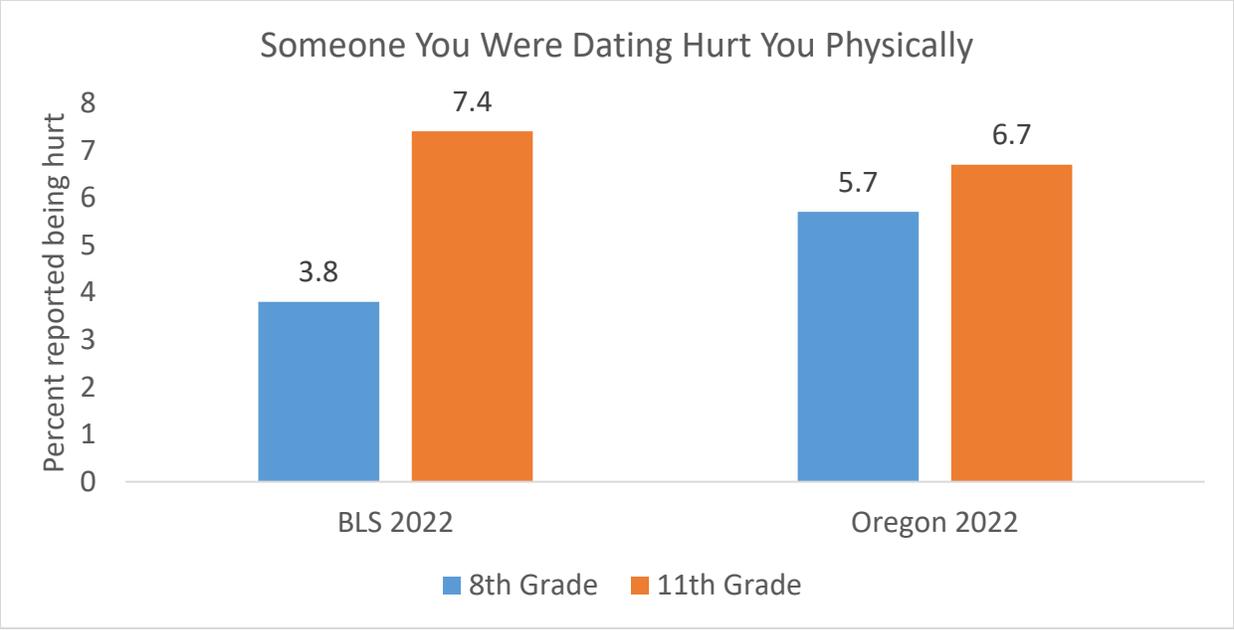


Figure 14. Percent of students in the past year that reported being hurt by someone they were dating or going out with. For example, being slapped or shoved, having something thrown at them, or being physically prevented from doing something, such as leaving.

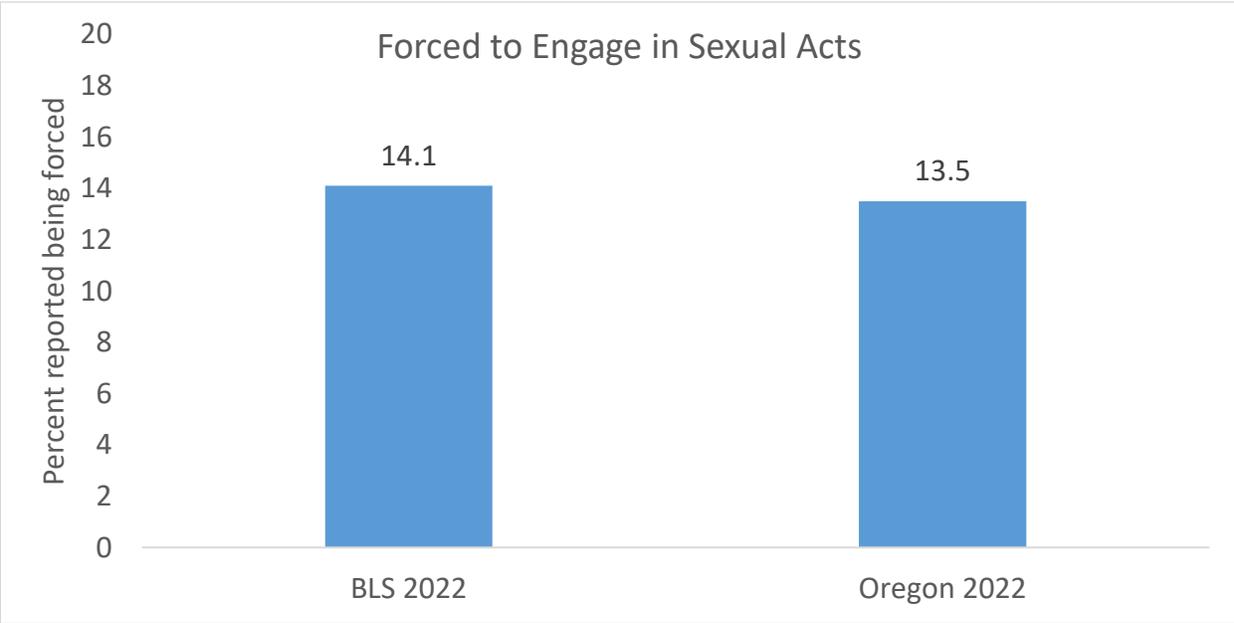


Figure 15. Percent of 11th grade students who reported being pressured or forced to engage in sexual acts when they didn't want to. A similar proportion was reported in BLS students as students statewide.

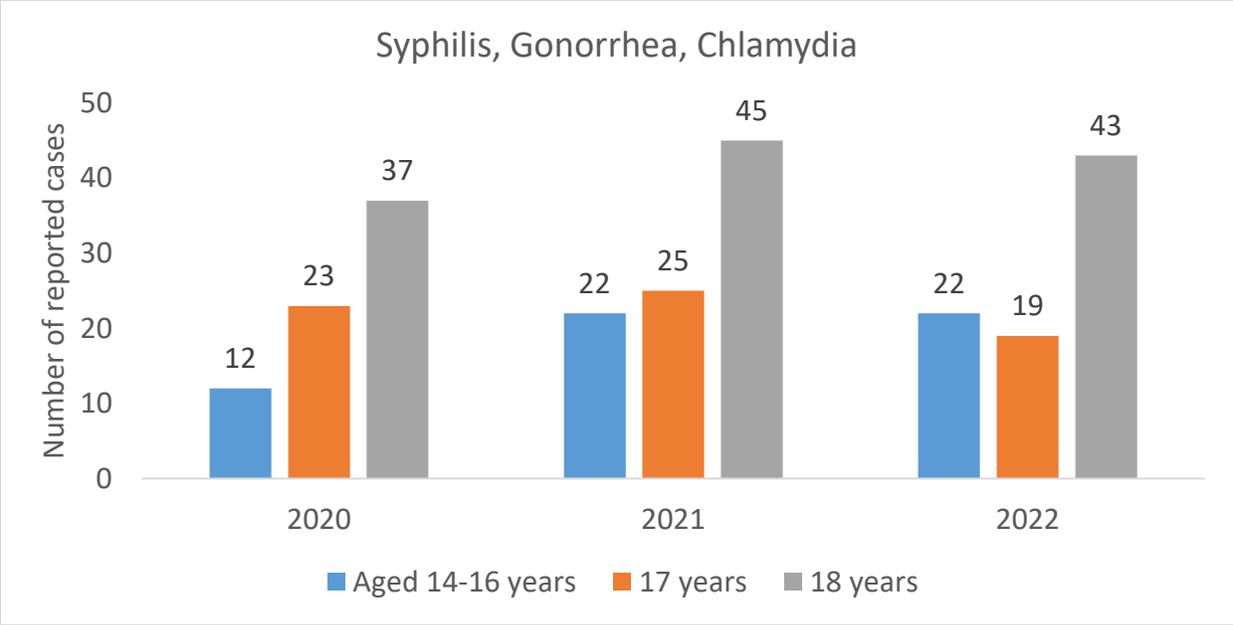


Figure 16. Numbers of diagnosed cases of sexually transmitted infections among youth reporting a resident zip code in the Bend-La Pine School District (BLS).

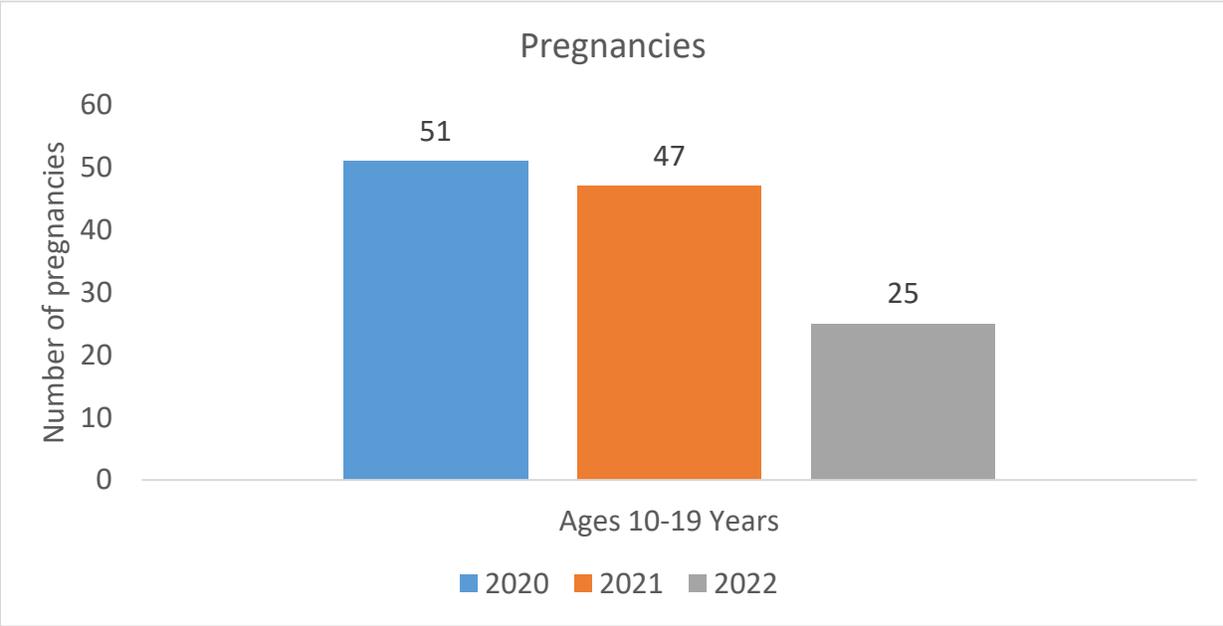


Figure 17. Numbers of pregnancies reported in the Bend-La Pine Schools' zip codes among females aged 10-19 years. The number of pregnancies in 2022 was half the number in 2020.

School Climate

To strengthen a healthy school climate and culture the Healthy Schools program supports multiple strategies. The School Health Index supported by the Centers for Disease Control and Prevention is a comprehensive school health assessment that incorporates building school health teams, identifying school health priorities, and writing a school health plan. Some of the specific strategies include updated and improved student health curriculum for in-class instruction; Sources of Strength, parents and students engagement in school health activities, My Future-My Choice, Teen Safety Matters, Wayfinder, and Michigan Model for Health. The student health indicators included in this section of the current report will continue to be monitored in the coming months and years to document any changes that may be associated with the work of the Healthy Schools program.

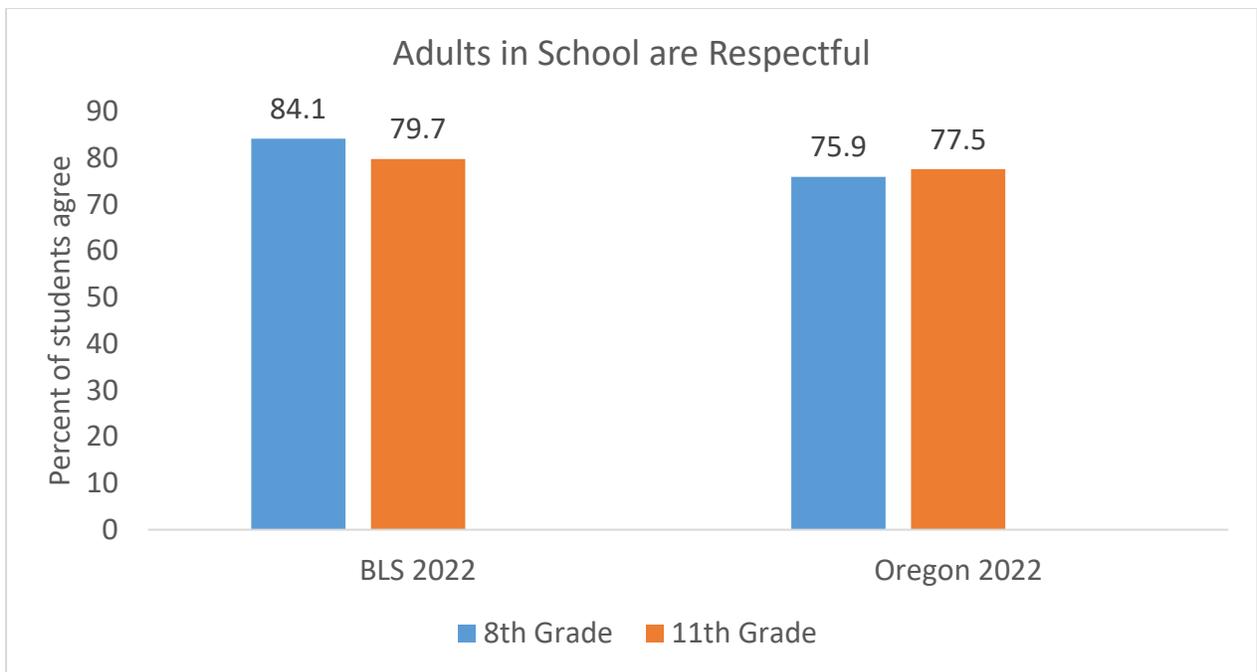


Figure 18. Percent of students who reported that adults in their school were respectful of people with different backgrounds (i.e., races, cultures, religions, genders, sexual orientations, different abilities). All grades surveyed in the BLS reported a higher frequency of respectful adults than did students statewide in 2022.

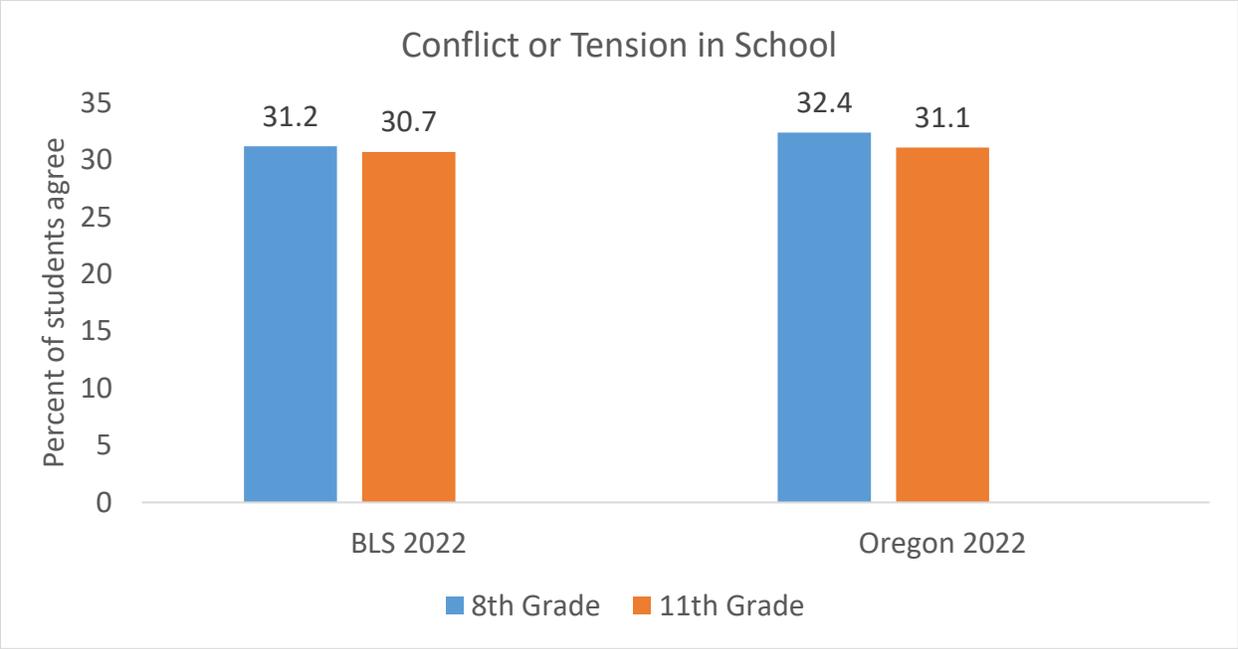


Figure 19. Percent of students who reported conflict or tension in school based on race, culture, religion, gender, sexual orientation or different abilities. Similar proportions of students in the BLS reported school conflict, as did students statewide in 2022.

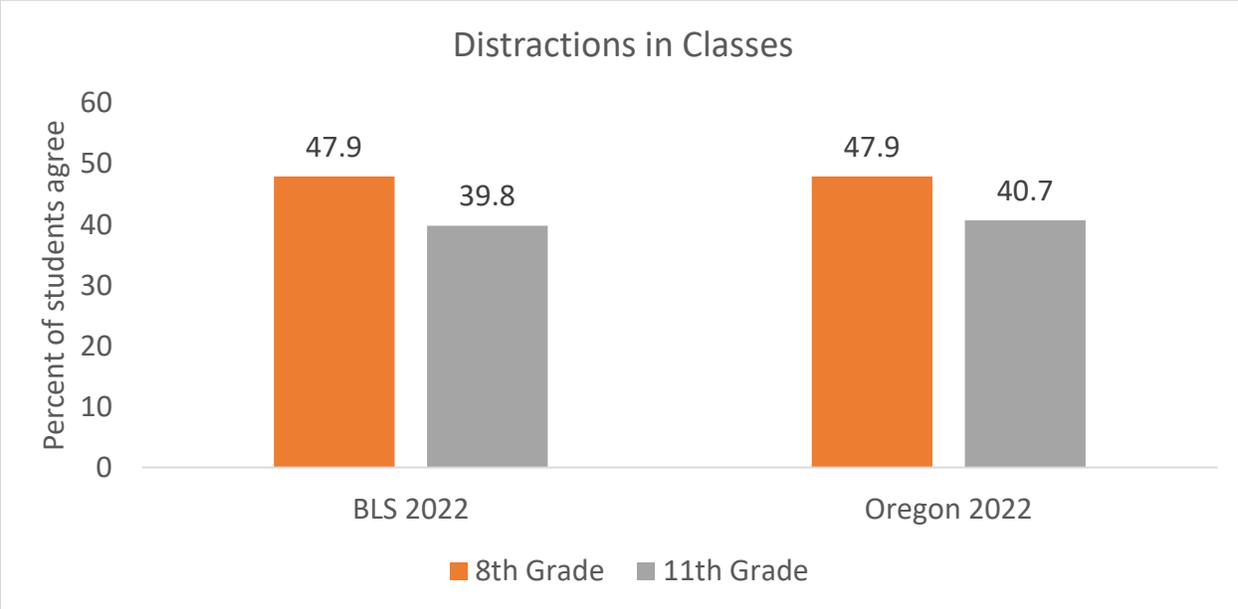


Figure 20. Percent of students who reported they were often distracted from doing schoolwork in classes because other students were talking, fighting or misbehaving. Eighth-grade and 11th grade students reported identical levels of classroom distractions as did students statewide in 2022.

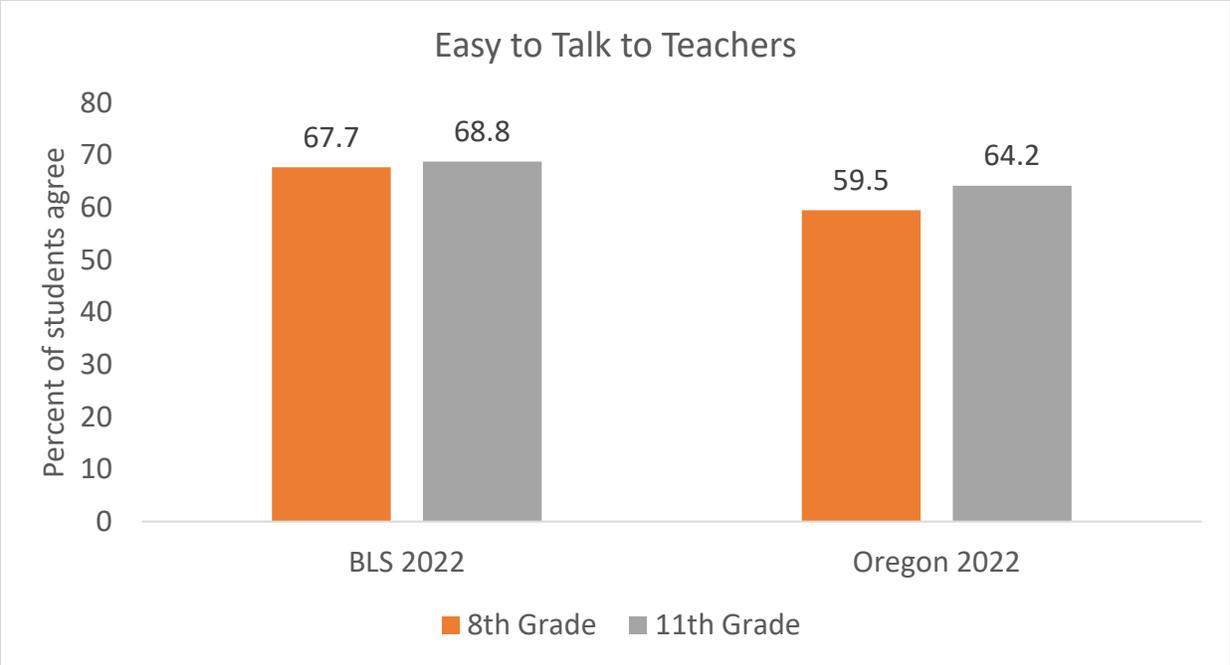


Figure 21. Percent of students who reported it was easy to talk to teachers and other adults at school. All three student-grades reported that teachers and other adults in BLS schools were easier to talk to, compared to students statewide in 2022.

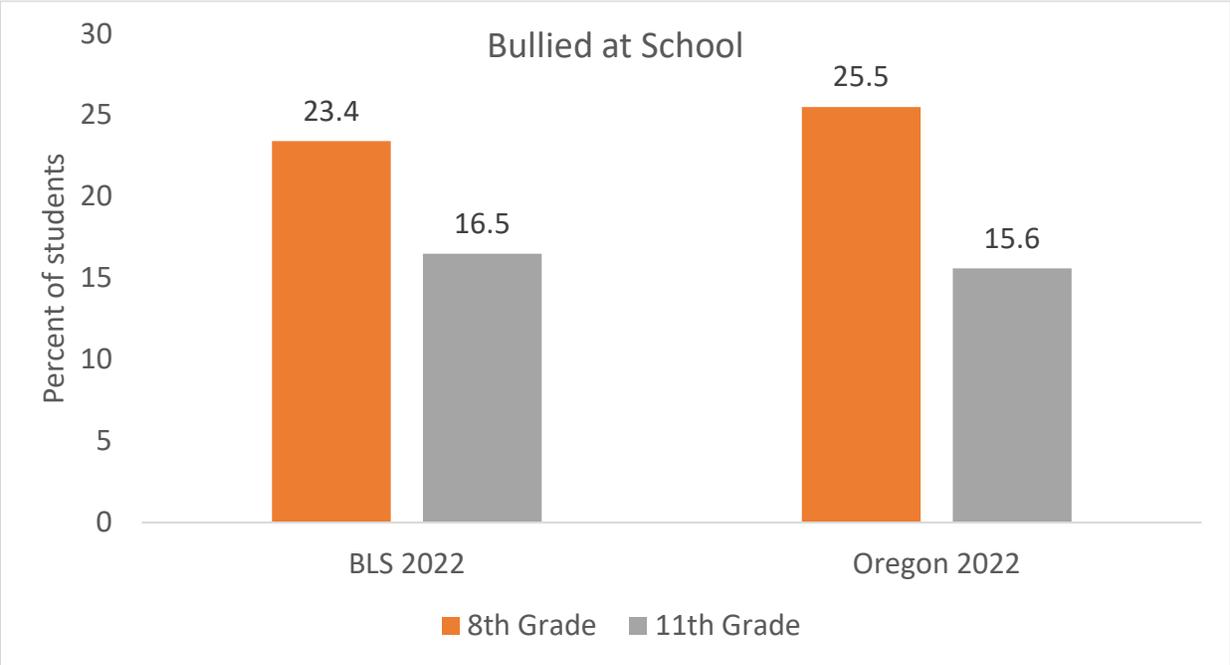


Figure 22. Percent of students who reported they had been bullied at school in the past 30 days. Similar proportions of students reported bullying in schools in all three grades in the BLS and statewide in 2022.

Student Health Knowledge, Attitudes and Skills

The Healthy Schools program provides training and professional development opportunities for Health Education Teachers in BLS. This includes engaging teachers to adopt well-developed health curriculum that can increase students' knowledge, skills, and confidence about a wide scope of important student health outcomes including: suicide, mental health, sexual health and relationships, substance use, smoking, sexually transmitted infections, pregnancy, violence, and positive youth development. The student health outcome indicators included in this section of the current report will continue to be monitored in the coming months and years to document any changes that may be associated with changes in students' health knowledge and skills.

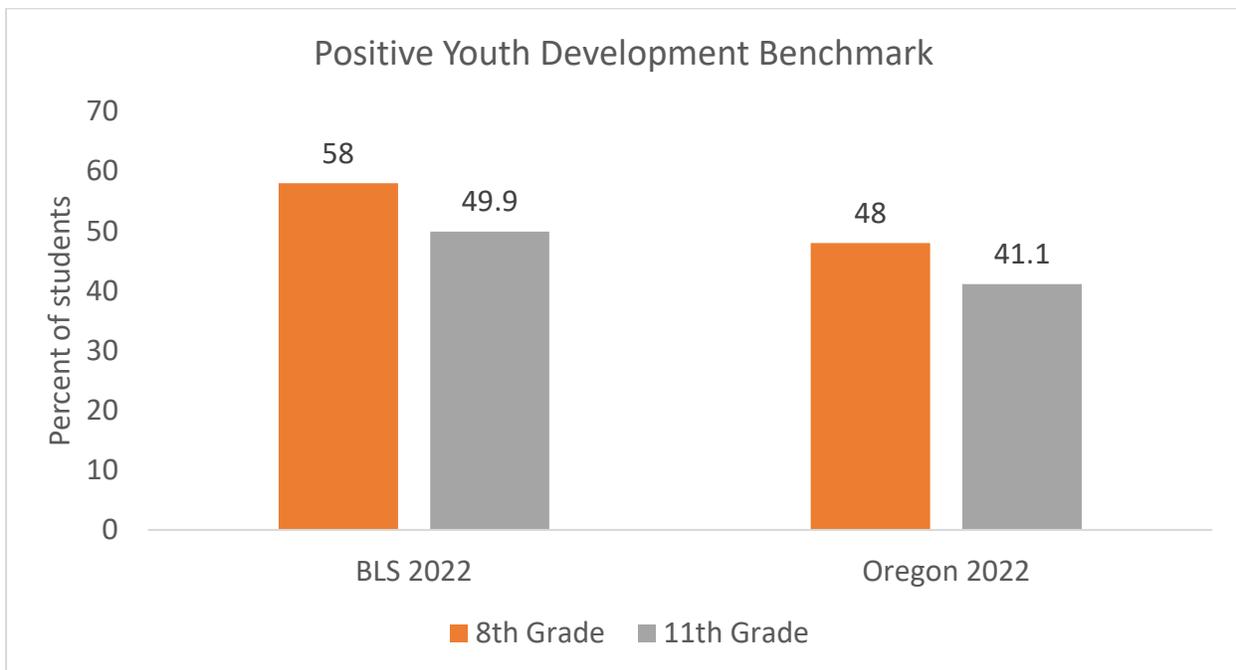


Figure 23. Percent of students who met the positive youth development benchmark. All three student-grades surveyed in the BLS reported higher levels of positive youth development than students statewide in 2022. The differences were consistent and substantial between the BLS and Oregon statewide students.

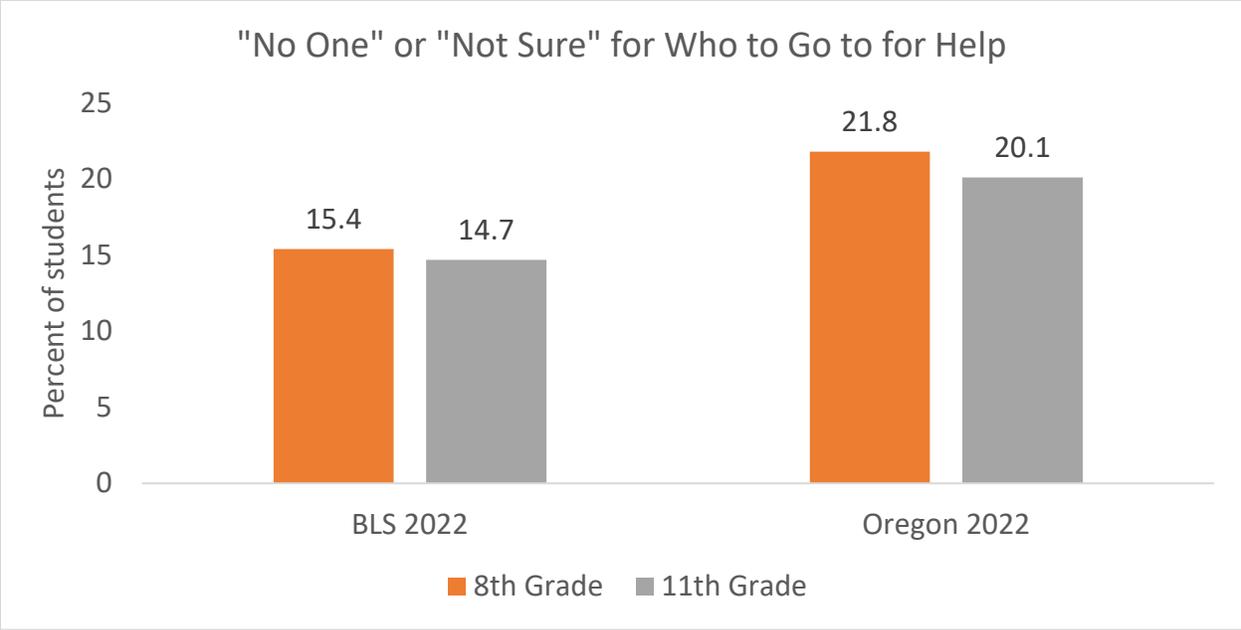


Figure 24. Percent of students who reported, “no one” or “I am not sure” in response to the question about who they would go to during school if they had a physical or mental health problem. All three grades in the BLS reported higher levels of in-school contacts if a problem developed, compared to students statewide in 2022.

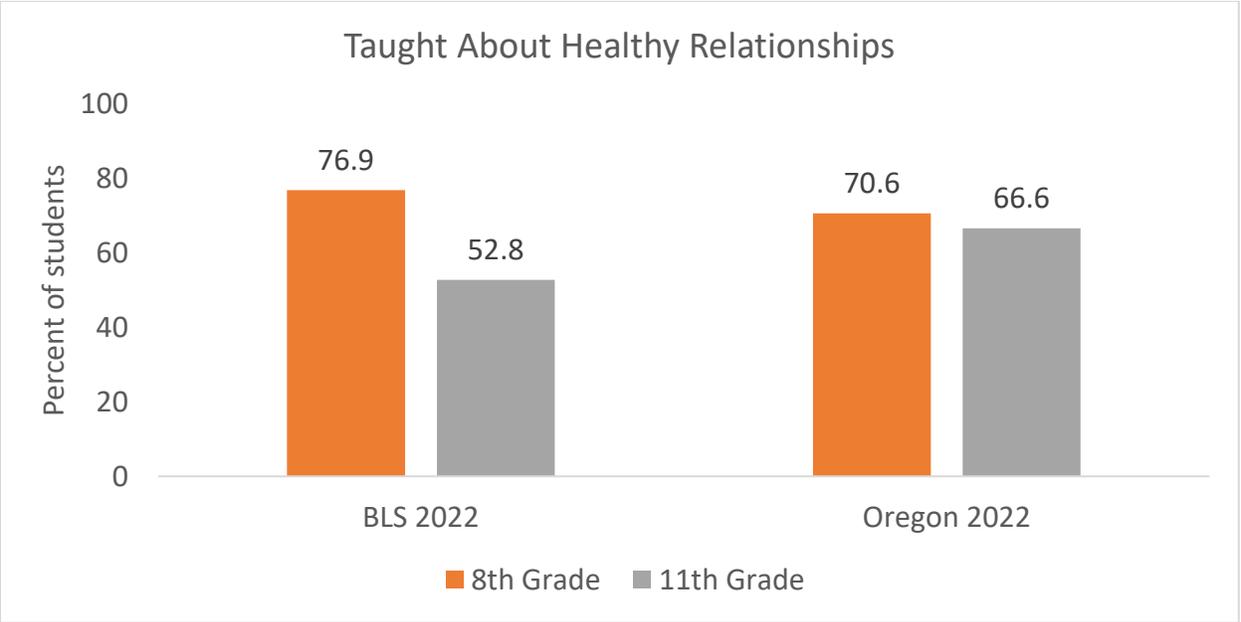


Figure 25. Percent of students who reported they were taught in school about healthy and respectful relationships in the last school year. More 6th and 8th graders in the BLS than statewide, reported learning about healthy relationships, while fewer 11th graders did in the BLS than statewide.

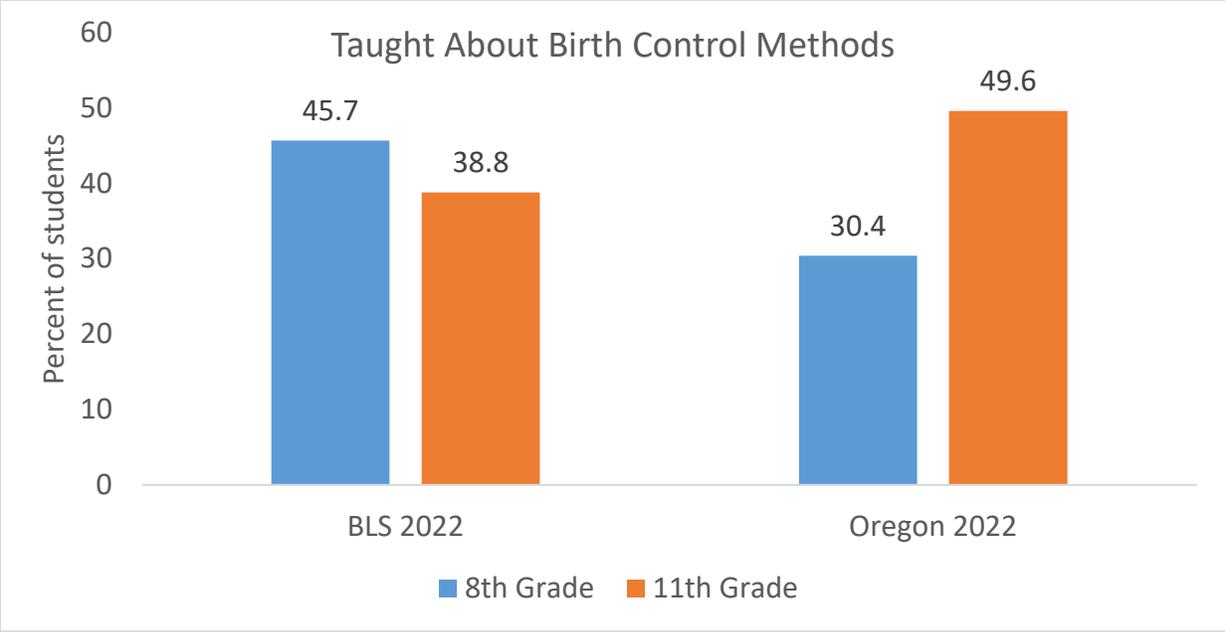


Figure 26. Percent of students who reported being taught in school about how to use birth control methods or where to get birth control. Nearly-an-opposite-identical-pattern was reported between BLS student-grades compared to statewide; substantially higher for BLS 8th graders, and substantially lower for BLS 11th graders compared to statewide in 2022.

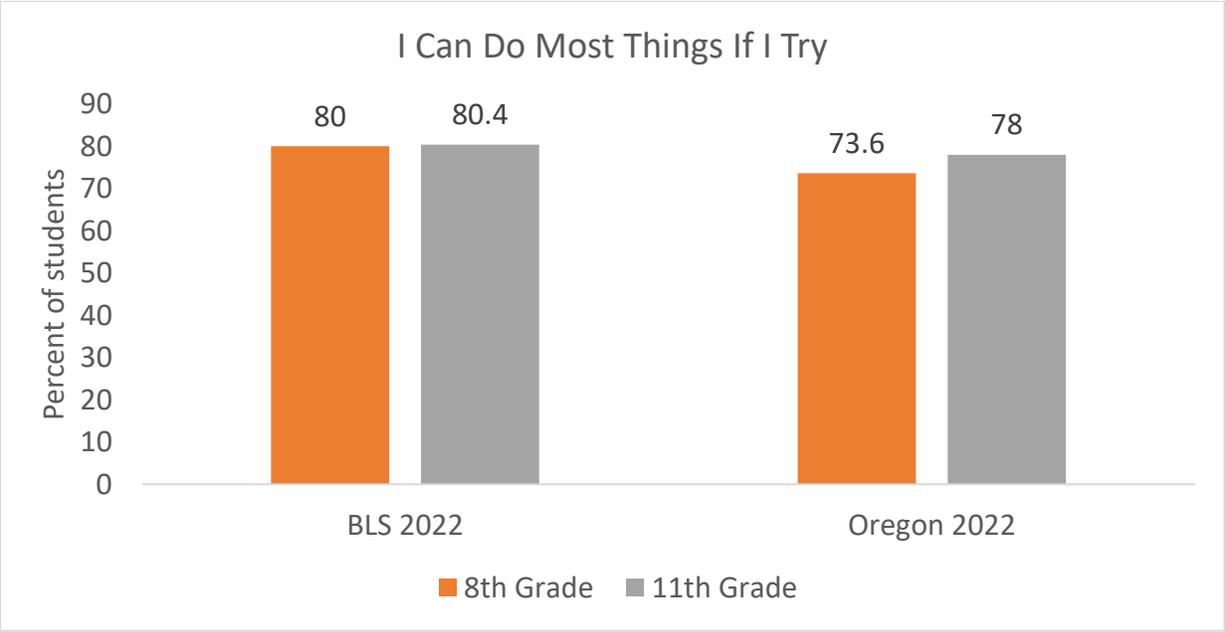


Figure 27. Percent of students who reported they can do most things in their lives if they try. All three student-grades in the BLS reported higher self-confidence to “do things” than students statewide in 2022.

Table 1. Indicators of Bend-La Pine Schools Student Mental Health – High School Only, 2020-2023

| Mental Health Measures | 2020-2021 | 2021-2022 | 2022-2023 | State Average |
|--|------------------|------------------|------------------|----------------------|
| Seriously considered dropping out of high school | 11% | 14% | 15% | 21% |
| On-time high school graduation | 82% | | | 81% |
| Number of ED visits for suicide ideation | 117 | 121 | 133 | |
| Number of ED visits for suicide attempt | 56 | 53 | 50 | |
| Number of ED visits about mental health | 368 | 371 | 381 | |
| Suicide attempt in past year | 3.8% | | 2.8% | 5% |
| Suicide ideation in past year | 14.4% | | 13.7% | 14.6% |
| Suicide ideation in past year | | 12% | | 17% |
| Sad or hopeless for two weeks in past year | 37.5% | | 32.5% | 38.4% |
| Sad or hopeless for two weeks in past year | | 37% | | 43% |
| Depression and stress make school hard^ | 54% | 56% | 53% | 57% |
| Unmet emotional/mental health needs | | | 20% | 23% |

Data Sources: A, B, C, D

Table 2. Indicators of Bend-La Pine Schools Student Substance Use – 6th, 8th, and 11th Grade, 2022

| 2022 OSHS Substance Use by Grade | 6th Grade | 8th Grade | 11th Grade | State 11th Grd |
|---|-----------------------------|-----------------------------|------------------------------|----------------------------------|
| One or more drinks of alcohol past 30 days | 3.1% | 5.8% | 26.7% | 16.6% |
| Any marijuana use past 30 days | 1.2% | 2.9% | 20.5% | 12.2% |
| Any tobacco use past 30 days including cigarettes, vaping, chewing, cigars, other | | 12.6% | 25.6% | 20.6% |
| Any E-cigarette use past 30 days | .8% | 4.6% | 13.9% | 10.8% |

Data Sources: A

Table 3. Indicators of Bend-La Pine Schools Student Sexual Risk and Exposure to Violence – High School Only, 2020-2023

| Sexual Risk and Violence Measures | 2020-2021 | 2021-2022 | 2022-2023 | State Average |
|--|------------------|------------------|------------------|----------------------|
| Sexually transmitted infections of syphilis, gonorrhea, chlamydia in 14-18 year-olds | 108 | 140 | 123 | |
| Teen pregnancies in 10-17 year-olds | 18 | 8 | 5 | |
| Used condom during last sex 11 th Grd | | | 50% | 50% |
| No birth control method used at last sex | | | 7.1% | 8.7% |
| Age at first sexual contact, under 15 yrs | | | 12.3% | 10.8% |
| Age at first sexual contact, 15 yrs | | | 13.5% | 10.9% |
| Age at first sexual contact, 16 yrs | | | 15.1% | 10.7% |
| Age at first sexual contact, 17 yrs | | | .2% | 0% |
| Reported sexual contact at any age | | | 40.9% | 32.5% |
| Ever pressured/forced to engage in sex | | | 14.1% | 13.5% |
| In the past year, you dated someone who tried to control or hurt you emotionally | | | 17.7% | 18.9% |

| | | | | |
|--|----|-----|-------|-------|
| Ever touched, grabbed, or received unwanted comments about your body | | | 26.6% | 26.5% |
| Ever monitored, shamed, or embarrassed by someone you shared private info with | | | 10.1% | 10.1% |
| Bullied or harassed by other students YT | 8% | 11% | 18% | 15% |
| Bullied through technology in past 30 days | | | 7.3% | 6.7% |
| Bullied at school in past 30 days | | | 16.5% | 15.6% |
| Called names, insulted, threatened “never or less than once a year” | | | 50.4% | 48.4% |
| Conflict or tension at school based on race, culture, gender, sexual orientation | | | 30.7% | 31.1% |
| Ever witnessed someone at school harmed physically, emotionally, or sexually | | | 21.9% | 20.9% |

Data Sources: A, B, E, F

Table 4. Indicators of Bend-La Pine Schools Student Knowledge, Attitudes, and Beliefs – High School Only, 2020-2023

| Student Knowledge, Attitudes, Beliefs | 2020-2021 | 2021-2022 | 2022-2023 | State Average |
|--|------------------|------------------|-----------------------|---------------------------|
| PYD benchmark | 58.5% | | 49.9% | 41.1% |
| PYD I can do most things if try: very/pretty | 90% | | 80.4% | 68% |
| PYD I volunteer to help others | 53.8% | | 37.1% | 37.6% |
| PYD I can work out my own problems | 80.3% | | 72.1% | 63.7% |
| PYD Usual grades in school A’s and B’s | 76.2% | | 81.4% | 73% |
| PYD Missed no school days in past 30 days | | | 25.9% | 29.1% |
| When I feel upset I know ways to cope | | 76% | | 72% |
| When I feel upset my school can help | | 37% | | 35% |
| Who go to at school for help “no one” | | | 9.9% | 15.8% |
| An adult from school would help me | 57% | 64% | 67% | 60% |
| When upset an adult from school to/talk | 40% | 43% | 44% | 43% |
| At least one adult cares about me | | | 64.9% | 60% |
| I really feel part of my school community | 42% | 45% | 45% | 39% |
| Part of school clubs, teams, other groups | 65% | 61% | 65% | 56% |
| Place at school to meet/identify like/me | | | 38.2% 6 th | 27.9% 6 th Grd |

Data Sources: A, B

Table 5. Indicators of Disparities by Race and Sexual Orientation for Bend-La Pine Schools Students on Various Health Measures – High School Only, 2022-2023

| Disparities by Race and Sexual Orientation | | | 2022-2023 | State Average |
|---|--|--|------------------|----------------------|
| Disparities: White/nonwhite in past year ever seriously consider attempting suicide | | | 13%/17% | 16%/12.4% |
| Disparities: White/nonwhite in past thirty days did you use marijuana | | | 21.5%/15% | 14%/8.7% |
| Disparities: White/nonwhite in past thirty days did you use alcohol | | | 29%/18% | 19%/12% |

| | | | | |
|--|--|--|-----------|------------|
| Disparities: White/nonwhite in past thirty days did you use e-cigarettes | | | 14%/15% | 12.4%/8% |
| Disparities: White/nonwhite ever been forced/pressured to engage in sex acts | | | 14.5%/13% | 16.5%/8.4% |
| Disparities: White/nonwhite in past thirty days were you bullied in school | | | 14.5%/27% | 18%/11.3% |
| Disparities: White/nonwhite meet the positive youth development benchmark | | | 51.4%/41% | 43%/38% |
| Disparities: Straight/notstraight in the past year you didn't consider suicide | | | 84%/51% | 80%/52% |
| Disparities: Straight/notstraight in the past thirty days did you use marijuana | | | 18%/26% | 10%/17% |
| Disparities: Straight/notstraight in the past thirty days did you use alcohol | | | 28%/27% | 16%/18.6% |
| Disparities: Straight/notstraight ever forced/pressured to engage in sex acts | | | 10%/23% | 9%/23% |
| Disparities: Straight/notstraight in past thirty days were you bullied in school | | | 11%/30% | 11%/26% |
| Disparities: Straight/notstraight meet the positive youth development benchmark | | | 56%/34% | 48%/25% |

Data Sources: A

Data Sources List

- A. Oregon Student Health Survey: [Oregon Health Authority : Student Health Survey : Health Surveys : State of Oregon](#)
- B. Youth Truth: [Youth Truth Student Survey | A National Nonprofit \(youthtruthsurvey.org\)](#)
- C. Emergency Department visits: [Oregon Health Authority : Oregon ESSENCE \(Oregon's Syndromic Surveillance Project\) : Oregon ESSENCE : State of Oregon](#)
- D. Oregon At-A-Glance school profiles and on-time graduation: [At-A-Glance Profiles and Accountability Details - Oregon Department of Education \(state.or.us\)](#)
- E. Orpheus: [Oregon Health Authority : Orpheus : Disease Reporting : State of Oregon](#)
- F. Vital Records Birth Certificate: [Oregon Health Authority : Oregon Vital Records and Certificates : Vital Records and Certificates : State of Oregon](#)